

SPOKE

Conestoga College, Kitchener

February 11, 2002

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Conestoga grows with new programs

By Laurie Vandenhoff

The number of apprenticeships offered at Conestoga College will grow following a recent announcement from the province's Ministry of Training, Colleges and Universities.

The college has been chosen to lead the Apprenticeship Program Development that will see the creation of two new certified trades.

Welding and machine tool builder/integrator may be incorporated into the trades offered at the college as early as this fall.

Conestoga has been chosen to head the creation of the curriculum with the help of several other colleges in the province.

Hans Zawada, chair of trades and apprenticeships at the colleges, said Conestoga will oversee the development and will submit the plans to the ministry for final approval.

Once approved, these trades will be considered "red sealed," meaning certification will be recognized across the country.

Once students complete an apprenticeship that has been deemed a red sealed trade, they may work in any province that participates in the program.

While the welding apprenticeship has been around for many years, it has never actually been regulated. Conestoga will be working with 10 other colleges — Algonquin, Cambrian, Canadore, Durham, Fanshawe, La Cité, Mohawk, Niagara, Sir Sanford Fleming and Sheridan, to develop this trade.

"Welding was very employer or sectorial specific," said Zawada. "Now we'll have a trade that's broader in scope and will be applicable right across the country."

The machine tool builder/integrator is a new apprenticeship being offered.

Durham, Georgian, Mohawk and Niagara Colleges will be working with Conestoga to develop the trade that involves the building, installation and integration of automated systems used in advanced manufacturing.

It is one of many that the industry is in demand for.

"Apprenticeships are set up by the industry for the industry," said Zawada. "Their committees work very closely with the ministry to identify the content of the training material."

They also work with us at the college-level to make sure we deliver what these people

need on the job."

Despite a slowdown in manufacturing, businesses are continuing to spend money on training individuals.

But what the industry is realizing is that there aren't a lot of people interested in apprenticeships.

"Skilled trades still deal with an image issue," said Zawada. "We're finding that although we have been promoting apprenticeships more over the last few years, there is still a reluctance by parents to send their kids into apprenticeships."

But with the creation of the Ontario Youth Apprenticeship program, said Zawada, schools and industries are getting a better reception from high school students. The goal of the program is to prepare individuals for apprenticeships.

The college is also hoping to grow with the addition of these two trades.

"Out of the 25 colleges in the province, we're number 5," said Zawada. "We've been one of the fastest growing colleges in apprenticeships in the province."

And they don't plan to stop there. The college currently offers 13 trades, with new ones being added each year.

"One area we want to go in is the automotive area with truck and coach mechanic," said Zawada. "The projection from the trucking industry shows tremendous demand over the next five years."

Along with being awarded the lead in developing these new trades, Conestoga will also be funded through the Apprenticeship Innovation Fund. A portion of the \$134,000 will be used at Conestoga to renew aging machines in order to prepare them for the new trades.

"We have to update the technology," said Zawada. "The government is realizing it and making some money available."

However, there is competition among the colleges to receive this money.

"We'll have to justify to the government and the community that there is a real need for it and that we should be the ones getting the dollars."

But as Zawada pointed out, the community and the industry will ultimately benefit from these investments.

"We are in the business to train and we will train young people to be employable," he said. "We're here to work within the community to supply services to them."

Freezing fashion



First-year electrical engineering student John Gohl walks around the college on a chilly morning Jan. 31. Gohl, who said he doesn't mind the cold, wears shorts year-round.

(Photo by Janine Toms)

Carpentry students take part in scenario

By Lisa Hiller

Guelph campus's carpentry students were involved for the first time in the accident scenario that took place at Conestoga's Doon campus Feb. 7.

Many first- and third-year students took three days to create the 12 wall sections and two doorways used in the scenario.

The supplies for the project cost \$750.

The law and security program will retain the finished products for further use, according to instructor Andres Balodis.

Balodis, who's been teaching

at the campus on and off for five years, and Gerry Martin were told by Hans Zawada, chair of trades and apprenticeships at Conestoga College, that the carpentry program would be participating in the scenario Feb. 7.

"We've done a lot of volunteer work," Balodis said. "We were happy to be of service to the college."

"Anything that has a practical application is better than just an exercise," he said.

Balodis said he or the program would be happy to help out again if called upon.

Please see the Feb. 18 edition of *Spoke* for full coverage of the scenario.

ory leadership race delays applied degrees

By Marc Hulet

Conestoga College's Board of Governors met on Jan. 28 to deal with various issues including the college charter, Conestoga's applications for two applied degrees and an economic impact survey.

College President John Tibbits started the meeting by updating the council on the status of the college's changes to the charter that would see Conestoga become a polytechnic institute.

Tibbits informed council members that the goal of becoming a polytechnic institute had hit a minor snag when Queen's Park prorogued current parliamentary meetings, pending the outcome of the Conservative Party's leadership race.

Tibbits said the proposal had made it safely through the first reading before the House stopped sitting.

"The first reading was fairly

quiet," he said, when asked if there were any major opposition during the reading.

Tibbits said he was informed that the party hoped to have a leader by March 23, at which time the House would sit again and continue with the required second and third readings.

"The likely timeframe for passage of the charter would likely be late spring but more likely — if you are going to bet on it — would be early fall," he said.

Tibbits then spoke to the board about the college's bids to offer two applied degrees.

The college is currently seeking to offer degrees in Systems Engineering Technology for Advanced Manufacturing and Integrated Telecommunications and Computer Engineering.

Tibbits said the provincial government will approve up to 12 applied degrees but his main concern is seeing that Conestoga's two

current applications are selected.

"They can't approve more than 12 because we are in a pilot project," he said. "Obviously we don't care about the 12, we care about the two. We do need, and we want the two."

As part of the approval process, colleges need to demonstrate that the proposed degrees would be of benefit to the local community.

He said he hoped to have the decision by March 23.

"The government is going to try and have a decision made before the leadership convention," Tibbits said.

He also said the college plans to make another proposal for two more applied degrees in May, but refused to give any detail on the new proposal.

"We have made a decision but I would prefer not to say it in an open forum because it's not a good idea for our competition to know what we are going to do," he said.

The amount of information made public by the government about the last proposal disappointed Tibbits.

He worried that too much information leaking out would allow other colleges to borrow from their ideas.

"Personally, I think it is a disgrace that that information was put up on the Web so that competitors could look at it. We are in a competitive process," Tibbits said. "They didn't put the whole proposal of each college on the Web, but they put more than we wanted them to. We know for a fact that there are people looking at these and we know that our proposals were highly regarded by other colleges."

Tibbits said further discussion of the May proposal would continue during a closed meeting.

Tibbits also informed the board of the college's plan to have an economic impact study done.

The University of Waterloo and Wilfrid Laurier had similar studies

done, showing how much impact the institutes had on the local economy.

The University of Waterloo's study showed that they generated more than \$1 billion towards the local economy in 1999. Laurier generated about \$300 million.

"I think that our impact is much bigger than we realize," Tibbits said.

He also said economist Larry Smith, from the University of Waterloo, was preparing Conestoga's assessment.

The 1999 study cost the University of Waterloo \$75,000 but Tibbits said the assessment for Conestoga would be less.

He said the assessment would be useful if the college decides to do fundraising when they obtain their status as a polytechnic institute.

Showing the impact of the college on the local economy would help local companies see the benefits in donating to Conestoga.

Board hears updates on building projects and enrolment

By Marc Hulet

At the Board of Governors meeting on Jan. 28, members were informed on the status of the various building projects around the college and on enrolment figures.

David Putt, director of physical resources, spoke to the board in regards to the building projects.

Putt said construction on the third phase of the college's residence and conference centre should be completed by late July or August.

He said the six-storey, 2340 sq. m. addition cost almost \$4.5 million.

"That's another 96 added beds," Putt said of phase three, "which gives us in the original residence,

phase 2 and phase 3 (a total of) 533 beds."

Putt then updated the board on the construction of the Superbuild addition.

The 2 1/2-storey addition should also be ready by late July or August.

Once completed, the building will become a link between the recreation centre and the nursing wing.

"Once this Superbuild project is finished, you would be able to go into Door 1 in technology and actually walk out the front door of the recreation centre — once we've filled in the ramp which isn't part of this project — without getting wet," Putt said.

"We are one of the few colleges that are actually building the number of square feet that we said we would build for the money we said we could build it for."

*David Putt,
director of physical
resources*

He added the total cost of the Superbuild project is \$14.23 million with the building covering 110,000 sq. ft., 10,000 sq.

ft. more than Putt originally thought they could afford for the amount they paid.

"We are one of the few colleges that are actually building the number of square feet that we said we would build for the money we said we could build it for," Putt said.

He also said that the college paid \$107 for every square foot, while other colleges paid from \$175 to \$650 per square foot.

College registrar Fred Harris then informed the Board of Governors on the state of enrolment at Conestoga.

He told the board that the retention rate at the college had improved overall.

The college's first degree program, BScN (bachelor of science in nursing), saw 35 of its original 36 students return after the first semester.

Harris said the most intriguing enrolment numbers came from international education.

"The most interesting observation is the increase in international education where there has been a 45 per cent increase in enrolment from January 2001 to January 2002," he said.

That increase brings the total number of international students at Conestoga to 211.

The next Board of Governors meeting will be held on the last Monday in March.

COUNSELLOR'S CORNER: Relationships

Being a student and in a committed relationship can bring enjoyment and pleasure and also feel conflictual in terms of responsibilities and demands on time. A healthy relationship is more likely to withstand the pressures and changes that being a full-time student bring. A local Individual, Couple and Family Therapist, Barbara Pressman, developed a list of primary principles for a healthy relationship.

Here are a few paraphrased ideas:

- ◆ Respect for the other person -- no put downs, no insults, appreciation of different needs and beliefs and recognition of the possible need for separate as well as together time.
- ◆ Safety is of utmost importance -- no emotional or physical violence. If there is even fear, there already is hurt.
- ◆ Caring behaviour and emotional support such as listening without judging or blaming and encouraging each other's interests.
- ◆ Inclusive decision-making regardless of earnings, compromising differences avoiding a win/lose result.
- ◆ Open communication including the capacity to share feelings, to be listened to attentively without giving advice (unless sought), and willingness to be assertive about expressing needs.
- ◆ Communication includes affection and sexual expression.
- ◆ These need to fit the needs of each couple and be mutually satisfying.

The counsellor at your campus is available to assist you with relationship issues.

A Message from Student Services (Room 2B02)



Forum eases the tension of finding a job

By Laurie Vandenhoff

Sweaty palms, chewed fingernails and dizziness are all too often elements of a job interview. However, if students are prepared, these nervous tendencies can be overcome.

Mechanical engineering technology students were given the opportunity to face their fears by attending a job information forum at Conestoga College's Doon campus on Jan. 30.

Faculty and Program Advisory Committee (PAC) members helped organize the event that welcomed industry representatives from the community.

"Hopefully they will provide

information to students about how to get jobs," said program co-ordinator Mitch Wawzonek.

In particular the forum introduced students to new concepts regarding resumes, interviewing techniques and job searching.

While this year's turnout was not great, the approximately 15 students who did participate learned a number of guidelines on what to do and not do when looking for a job.

The majority of the students that arrived were first years, preparing to look for their first co-op placement this summer.

"We want to do anything we can to help them get over that nervousness," said Wawzonek.

The things that caused students the most anxiety showed in their questioning — what to wear to an interview, who to use for references and when in an interview can salaries be discussed.

Industry reps helped by explaining to students what they expect when interviewing co-op prospects.

Bob Van Slyck, president of a private recruiting agency and a PAC member, emphasized the importance of researching a company when applying for a job.

"It's an important step that some students skip," he said, adding, sometimes an hour of searching can make all the difference.

Rob Page, human resources man-

ager at Rockwell Automation, hires the majority of personnel at his company and offered students a number of tips on how to format a resume and conduct an interview.

He warned students that he usually only spends 25-30 seconds glancing at each resume and how dangerous one spelling mistake can be.

While most students may have come looking for jobs, the event was simply an information session.

"Hopefully they'll come away more sure of themselves," said Wawzonek. "Many of the students haven't been to a technical job interview before."

And just because the majority of

440 students in mechanical engineering courses chose not to come, doesn't mean faculty and PAC members won't hold the event again.

"For those that participated today, some very positive things happened."

The PAC members are very willing to help students in job search and interview techniques, and I'm sure they will want to consider doing it again next year," he said. "Students knew it was going on, but they chose in many cases not to come."

Classes were not cancelled for the event, but most came in on their free time.

Conestoga perseveres through snow and rain

By Tori Sutton

Despite two days of heavy snowfall and freezing rain, Conestoga College was able to remain relatively accident free.

On Jan. 31 and Feb. 1, poor weather brought our unusually warm winter to an abrupt halt. However, the Doon campus remained open through all of it, except on Thursday night when all evening classes were cancelled due to the freezing rain. As well, the accident scenario and Temptation, an evening activity organized by the Conestoga girl's soccer team, were both cancelled Thursday.

Many classes were not held, as instructors could not make it in from out of town. Also, the Stratford campus was closed on Friday.

"There were no big problems," said Al Hunter, supervisor of security services. "We don't close the college at the drop of a hat, but if there is a risk we certainly do."

Minimal damage was caused to a vehicle parked in Lot 10 after a sign fell onto the car on Friday. Winds were estimated to have reached 70 km/h.

"We got a huge number of phone calls Friday morning," Hunter said.

Usually cancellations are recorded on the automated voice messaging system heard when calling the college.

Students can also listen for cancellations on many local radio stations.

However, many students were confused to whether or not the school was open Friday after 88.3 CJIQ, the college radio station, mistakenly said programs would not be running that day.

The station later retracted and apologized for the false information.

Despite our Canadian climate, Conestoga's Doon campus has only closed once in the last six years, said Barry Milner, manager of physical resources.

A panel of staff at the school is

in charge of deciding if weather is harsh enough to close down for the day. They review impending weather 24-hours a day, contact transit authorities in the surrounding area to see if they will be offering services, and make sure changing conditions will not leave students stranded at school.

"We have a relatively good process in place," Milner said. "Decisions to close the college are taken seriously, and a lot of thought is put into it."

Because many of the staff involved live in different cities, they are at an advantage as they know how the conditions are in outlying areas, not just in Kitchener.

Like winters past, now that the snow has fallen, there has been some incidents of students triple parking in the lots. Triple parking causes a problem for students and employees who need to leave school to go to work or pick up their children but cannot get out of their spot.

"Allow yourself a few extra minutes to get situated and find a parking spot out of respect for fellow students," Hunter said.

Tune in for delays

By Tori Sutton

Students can tune in to any of these stations to listen for school cancellations:

- 88.3 CJIQ FM
- Newstalk 570
- 96.7 CHYM FM
- The Team 1090
- 105.3 Kool FM
- 92.9 CIZN (The Zone)
- CJOY 1460
- Magic 106.1
- CJCS 1240
- CKNY 920
- CFPL 980
- FM 96
- CKCO-TV



Planet Kids' senior director Jeff Deverill (left) and Conestoga College's director of athletics Tony Martin hope the Planet Kids summer camp will be a success this summer. (Photo by Lisa Hiller)

Planet Kids summer camp kicks off at Conestoga College this July

By Lisa Hiller

Scores of children will invade Conestoga College this July when Planet Kids summer camp comes to the campus.

Conestoga College's director of athletics, Tony Martin, with Planet Kids' senior director, Jeff Deverill, hopes to make Planet Kids summer camp at Conestoga College a success for the community, the college and Planet Kids operations. The company currently operates seven locations west of Toronto, with the flagship location at Kelso Conservation area in Milton.

When a project at Doon Racquet club in Kitchener fizzled because the club closed, Deverill phoned Conestoga college president John Tibbits and asked about possibly bringing the camp to Conestoga.

"I've known Deverill for years," Tibbits said. "He's a quality person and his operation is well-known and well-respected in Ontario."

Tibbits said he decided the college should become involved in Planet Kids because, "The campus is underutilized in the summer so this was an opportunity to give it more use," he said. "This is going to bring in revenue and it is good exposure for the college because there will

hopefully be hundreds of kids here each summer who may develop an affinity and a likeness for the college and who may someday come here."

Deverill and Martin hope Planet Kids will make Conestoga's original summer camp better by utilizing previous unused parts of the campus like the technology wing and computer labs over the summer. The program will run nine, one-week sessions between July 2 and Aug. 30, Monday to Friday, 8:30 a.m. to 4:30 p.m., with extended hours from 7:30 a.m. to 5:30 p.m.

According to Martin, staff will consist of previous summer camp counsellors, and Deverill will hire mostly from Conestoga's early childhood education and recreation and leisure programs. The camp is geared toward children aged five through 14, and is split into groups that reflect various interest and attention levels.

According to Deverill, the younger campers will enjoy mostly active and quiet games, field sports and arts and crafts. There will be a new program every week. Deverill cited flexibility and choice as most important to older kids.

There will be a greater focus on sports. "It is a more complicated program because motor skills are

more developed," Deverill said.

For the older campers, there will also be computer and multimedia camps. According to Martin, a lot of the endeavours will involve local community enterprises already involved in the college.

Deverill stressed the camp's focus is to make sure children are not overindulged in education.

"With a variety of fun programs, kids will be learning about things they aren't learning in classrooms," he said.

Martin said, "This joint venture between Planet Kids and Conestoga College will not only enhance the college's rating, but will enable us to employ a lot of our students over the summer."

Deverill will conduct interviews and hire all staff. Information will be posted on the Web site, www.planetkids.com, and throughout the college. Immediate information can be obtained by phoning 1-877-322-5437. Interested applicants must be between the ages of 17 and 26 and have a police check done to ensure a clean record. Applications and references will be thoroughly reviewed.

All staff must complete a minimum 32-hour training period, as well as first aid and CPR courses, before camp begins.

Animal parts not meant for humans

Transplantation of animal body parts into humans, known as xenotransplantation, could be a permanent solution to the shortage of human organ donations worldwide, if it didn't involve public health risks, extremely high financial costs and profound ethical issues.

However, even the most brilliant minds in the world of science can't answer with certainty where this new technique would lead the human race if it were widely put into use. Xenotransplantation could solve one problem, but it could also open the door to a whole bunch of others.

The first animal-to-human transplant occurred in 1906, when the French surgeon Mathieu Jaboulay implemented a pig's kidney into a woman. The patient didn't survive.

Over the past two decades there have been about 40 animal-to-human transplants, mostly in the U.S. and India. However, they also ended with the deaths of the patients.

Perhaps the most famous case was in 1984, when a two-week-old child with a fatal heart defect received the organ of a young baboon. Baby Fea survived for three weeks before her immune system rejected the organ.

Of all animals, baboons and pigs were the most likely organ donors in the past. However, in light of ethical issues related to the fact that baboons are genetically close to humans and that they only have one offspring at a time, scientists have concluded that pigs may be a better choice.

Though pigs' anatomies are also strikingly similar to humans', scientists fear that using pigs as organ donors could trigger a pandemic of new deadly diseases.

According to Doctors and Lawyers for Responsible Medicine President Dr. Andre Menache, the transplantation would be extremely dangerous because nobody knows what these viruses would do once they enter the human body.

Scientists also considered generic altering of pig organs by mixing them with human DNA to reduce the risks of rejection of transplanted organs by a patient's immune system. But even if generic altering could be made possible some day, animal-to-human organ transplantation would not be completely safe.

More likely, it would open the doors to other issues such as altering the natural order of differences between species and a risk of new disease caused by still unknown and unexplored viruses that the animals might carry.

About two years ago, more than 100 farmers died in Malaysia after being bit by mosquitoes carrying a virus thought to originate from pigs. Until then, the virus called nipah was completely unknown to scientists.

Therefore, even if the patient's immune system doesn't reject animal organs, the human recipient of these organs would have to be monitored for the rest of his or her life. Another concern is the animal's DNA infiltration into every part of the human body.

These suspicions were raised after the case in the early 1990s, when a man received a baboon liver. The patient survived for 70 days after transplantation. But at autopsy, baboon DNA was found in every tissue of the patient's body. It infiltrated his heart, lungs, kidneys and lymph nodes.

Despite all the negative sides of xenotransplantation, medical experiments related to this new technology are being carried out in Canada. Novartis, a multinational Swiss firm that makes drugs required by organ recipients, funds these experiments. They seem to be justified considering that 25 per cent of Canadians waiting for heart and liver transplants will die before receiving one and the waiting list for a kidney transplant in the Toronto area is four to five years.

Unfortunately, with all its negative sides, xenotransplantation will not likely save anyone's life. And if the technique ever becomes widely used, the reason will more likely lie in profits for the giant pharmaceutical companies than in benefiting patients.

Instead of wasting money and time in researching this risky and highly dangerous technique, these companies should put their money into perfecting human organ transplantation and concentrate on the production of more effective drugs to help a patient's immune system accept a human transplant.

FOR THE LAST TIME, MR. PRIME MINISTER. THE BANK DOES NOT ACCEPT 'CANADIAN TIRE' MONEY!



U.S. military should follow traditions

There's an old saying: when in Rome, do as the Romans do.

And that's exactly what Saudi Arabia officials are trying to tell the U.S. military.

Early in January, following a lawsuit filed by Lt. Col. Martha McSally of the U.S. military, servicewomen in Saudi Arabia are no longer required to wear traditional Saudi clothes when travelling off base.

The official dress of women in Saudi Arabia is called abaya, a heavy black head-to-toe robe.

Some may view this decision as a step in the right direction for U.S. women in the military, but others, such as Saudi governing officials, see it as an insult and are now criticizing Gen. Tommy Franks, head of U.S. Central Command, for giving permission to those armed forces visiting their country to go against the Saudi way of life.

Islamic law in Saudi Arabia states all women must wear the robe regardless of religion, nationality or profession.

The U.S. military requirement for the robe began during the 1990-1991 Persian Gulf War when the U.S. military was stationed in Saudi Arabia.

Men in the military have also been affected by dress codes. When they are off base, men are required to dress as regular citizens, wearing



Reni Nicholson

long-sleeved, collared shirts and dress pants.

When conducting military business, all American forces must wear their military uniforms.

In an attempt to comply with national law, some commanders of U.S. troops based in Saudi Arabia have gone against the recent decision and have ordered women under their command to wear the traditional Saudi robe, while other military commanders have left the decision to the women themselves.

Joan Magazine, a counsellor in Student Services and a member of the Women's Resources group at Doon campus, said wearing the garment should be left to the discretion of the individual.

But, she added, "If you're going to work successfully in another country, you have to be able to work with that country."

Harmony between the U.S. and Saudi Arabian governments hasn't been good since the Sept. 11 terrorist attacks on American soil.

The U.S. media has recently criticized police actions in Riyadh, the capital city of Saudi Arabia, for not arresting people believed to be asso-

ciated with the terrorist attacks. More than half of the 19 hijackers were believed to be Saudi citizens.

Saudi officials, led by Crown Prince, Abdullah, have denied the accusations and claim those involved in the attacks were not supporters of Islamic law and that they were opposed to the Saudi religious cause.

This is definitely not a time to create more disagreement by making a big deal over the garment issue. It's a time to support the fight against terror and do as the law states when in other countries to help keep the peace.

This law has been implemented to help keep the peace in the Saudi homeland. The military dress code for women in Saudi Arabia was created years ago to keep U.S. servicewomen away from danger and harassment by the mutawa, Saudi religious police, or potential terrorists.

This law is beneficial for American women fighting overseas. It is not meant to discriminate, but to keep them out of harm's way and help them to fit in with Saudi culture when off-duty.

When on duty, the women are allowed to represent their country, as proud American forces, but when off-duty the law of Saudi Arabia should be applied.

SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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SPOKE is mainly funded from September to May by a payment from Conestoga Students Inc. (CSI) in exchange for the insertion of advertising in the paper. The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College or the CSI. Advertisers in SPOKE are not endorsed by the CSI unless their advertisements contain the CSI logo. SPOKE shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Unsolicited submissions must be sent to the editor by 9:30 a.m. Monday. Submissions are subject to acceptance or rejection and should be clearly written or typed; a MS Word file would be helpful. Submissions must not contain any libelous statements and may be accompanied by an illustration (such as a photograph).

Psychic offers life improvements

By Julianna Kerr

Psychic entertainer Dan Valkos made a lasting impression on his continuing education students at a workshop on Feb. 2.

"The best psychic you can ever go to is yourself," he said.

It wasn't until 1969 that Valkos got involved in the field of paranormal research. The former biochemistry major was once the biggest skeptic of all.

"It had to be proven to me that this field existed," he said. "But I learned to develop my instincts."

Valkos moved to Canada from the United States 18 years ago. He is currently teaching workshops at about 25 Canadian colleges. His classes have been available at Conestoga for seven years.

Valkos has a great deal of experience in the field of paranormal research, and has published books and recorded self-help cassettes. He does readings, classes, lectures and past-life regressions, as well as radio appearances.

With the background out of the way, Valkos launched the class into an examination of psychic abilities.

"My job here today is to get you started — to get you going on developing your instincts," he said. "As far as I'm concerned, everybody in this class is psychic."

Valkos said everyone has unlimited potential. The only thing that



Psychic students (from left) Gloria Hartman, Jean Woolner and Michelle Kahl practise their newly acquired meditation skills at Doon on Feb. 2.

(Photo by Julianna Kerr)

limits us is our own concept of our abilities. He urged the students to be open-minded, but also to think for themselves.

"Do not accept everything I say as total and complete gospel truth," he said. "Prove it to yourself."

Everything we think about our lives and ourselves comes true.

Valkos said we create the world around us with our thoughts. We also take on the moods of those around us. We let others have an impact on our emotions.

"Do not give somebody else the power to make your life miserable," he said. "Fill your home with love."

Filling homes and work areas

with positive energy and love will help keep negativity at bay. Negative energy cannot exist in the same sphere as positive energy. People will either respond to positive energy and brighten up, or find an excuse to get out of there and stay negative.

"Everyone has the right to be miserable," he said, "but if you

choose to be positive, you can be." He added that whatever kind of energy we put out comes back to us.

Valkos said there is a word in the English language he hates. He suggested all students eliminate the word "try" from their vocabulary, saying it automatically gives us the option to fail.

Valkos then led the class on a guided meditation. Music played softly in the background as he helped us find our way to a quiet place within ourselves. He said meditation has many benefits. It lowers blood pressure, helps with stress and makes a person's attitude and outlook more positive. Everyone should meditate at least three times every week.

"You can revitalize yourself through meditation," he said.

The theories and exercises offered by Valkos were all positive in nature. He seemed to be teaching a new, more hopeful and open way of living life. He was teaching his students to expand their hearts and their minds.

"Listen to your instincts," he said. "You just need to learn how to ask questions."

Valkos said there are good psychics and there are bad psychics, but the vast majority of them are decent and ethical people.

"Psychics offer insight and guidance," he said. "You must make the decisions and choices yourself."

Guitar players become vocal

By Janine Toms

So you've finally figured out those chords to the Neil Young song Harvest Moon, and your bass player saved up enough to purchase that Fender amp.

Now, if you could just stop using your dad's garage as your studio and instead take your act on the road.

The Canadian Guitar Players Association (CGPA) was established to act as an information source and a united voice for Canadian guitar players active in the music industry.

The CGPA was formed in Lion's Head, Ont. in December 2001 by president Jan Menkal, who identified the need to provide a national voice and sense of community for Canadian guitarists.

In addition to various services that can benefit a musician, membership carries with it a certain amount of clout throughout the industry.

Once a guitar player is recognized as a CGPA member, booking agents, industry representa-

tives, and audiences can be assured a minimum standard of ability and professionalism.

By providing these services Menkal aims to promote learning and education and guitar playing as a profession.

The CGPA is a non-profit organization. "In order to keep this arrangement and member costs to a bare minimum, we rely heavily on personal and corporate sponsorship," Menkal said.

The association's objectives are to provide a national voice for musicians everywhere by fostering a sense of community.

The CGPA not only encourages players to exchange information and ideas, the group actually assists in the exchange of these ideas by helping artists link up via Internet.

The association promotes guitar playing to the aspiring musician and professionalism is key when playing in the community. A member of the CGPA is a devoted guitar player who is required to follow a code of conduct to ensure a high standard of industry etic-

quette when active in the industry. Members encourage learning and development of fellow guitar players while conducting themselves in an honest and respectful manner. A member of the CGPA does not engage in, or condone, unlawful practices.

Publication of the first Guitar Player's Newsletter occurs this month and includes some great interviews with well-known Canadian artists like Kim Mitchell, Rik Emmett and David Wilcox. The newsletter also brings attention to lesser-known artists as they struggle for recognition in the industry.

In the future, the CGPA plans to set recognized standards by the industry and offer educational programs to guitar players throughout Canada.

Check out the CGPA Web site at www.guitarassociation.org for information about the organization and to utilize the services offered such as a members' chat room and message boards, MP3s, an Internet radio station, as well as a guitar software library.

Conestoga provides human rights training

By Julianna Kerr

Human rights awareness is about to get a boost through faculty and staff at Conestoga.

Human resources director Debra Croft said it's useful to provide workshops where employees can discuss human rights issues.

"We want faculty and managers to recognize situations that are in contravention of our policy," she said, "and to take action in curtailing any inappropriate behaviour or comments."

Conestoga's human rights policy stems from the Ontario Human Rights Code, which protects individuals from sexual harassment and discrimination on a number of grounds including race, ethnic origin, sex, sexual orientation, age and marital status.

"The essence of the policy is that Conestoga College is committed to providing a working and learning environment that is free of discrimination and harassment," Croft said. "An environment where individuals are treated fairly and with respect."

Conestoga's policy is focused on resolving human rights conflicts at the earliest moment possible, she said.

"If an individual is offended by something someone is saying or doing, we want them to know it is OK to ask that person to stop."

There is a resolution process available if the problem persists, but Croft said most conflicts are resolved in the earliest stages. Faculty and managers should have the tools to assist students or employees in solving problems of this nature.

Conestoga's policy was recently revised, so employees should have a chance to review it, she said. It's important to work together to ensure a positive environment.

Alan Shefman will be conducting the workshops.

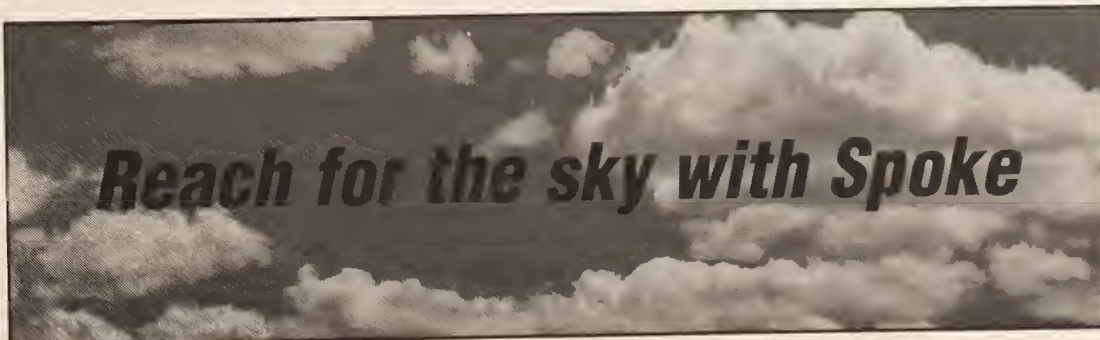
"Alan has had considerable experience in human rights training within the college and university environments," Croft said.

"He is also the former director of communications and education with the Ontario Human Rights Commission."

Training workshops are mandatory for all full-time faculty and staff. Individuals who teach on a regular, part-time basis are also encouraged to attend.

"Senior management participated in a training session in November and other college managers received training in January," she said.

"Further training sessions for employees are scheduled from February through to August to ensure everyone has the opportunity to attend."



Popular cartoonists offer advice to aspiring artists

By Marc Hulet

Think you can make people laugh 365 days a year?

That is the daunting task that faces each and every cartoonist when they drag themselves out of bed every morning.

Those little strips in the Sunday funnies or at the back of your entertainment section are the result of much blood, sweat and tears by men and women who have succeeded in delivering daily chuckles to people in your kitchen and around the world.

The first thing any cartoonist will tell you is that cartooning is not all fun and games. Each one will tell you it is a tale of hard work, poverty and frustration.

But they also have words of hope, encouragement and they are always willing to offer advice to aspiring cartoonists or help to educate those merely intrigued by what goes into making their favourite strips.

Heart of the City creator Mark Tatulli said that making a good first impression on submission editors is important. Heart of the City follows the life of Heart, a young girl who loves to dress up and play with her dolls, and is always trying to find her mom a man.

"Create as professional a submission package as possible and submit to all the large syndicates. Don't let rejections get you down," he said. "Use any constructive criticism to improve

your strip. And keep working and changing."

Sandra Bell-Lundy, of Between Friends, said cartoonists need to draw every day to hone their skills.



Bell-Lundy

She is one of the few Canadians syndicated by a major company. Lundy was born in St. Catharines and now resides in Welland.

Lundy's strip depicts the humorous side of contemporary women and she said it takes more than just good art to be successful.

"It's important to have life experience. Don't discount the importance of a well-rounded education."

She studied French at Brock University and her cartoons appeared in the campus paper.

Jim Toomey, who writes and draws Sherman's Lagoon, offered three tips to becoming a syndicated cartoonist.

"You'll need three ingredients — persistence, creativity and confidence. The only way that you, as a cartoonist, can build a career in this industry is by drawing what comes naturally to you, every day, and being confident that, if it makes you laugh, then it must make other people laugh too," he said. "Some of the best cartoonists in the business, such as (Gary) Larsen, (Bill) Watterson and

(Gary) Trudeau, followed this path. That's why their work is different and brilliant."

Dilbert creator Scott Adams disagreed with Toomey's philosophy.

"I don't know that there's any one path to success. The only absolute rule is that your cartoons have to make other people laugh," he said. "Other people are not like you. If you create cartoons that you like, you're probably only appealing to other cartoonists."

Adams' Dilbert is one of the most successful strips in cartooning history and currently appears in more than 2,000 newspapers, but even he struggled with finding a niche at the beginning of his career and fell into the habit of making strips he identified with.

"I made that mistake early on in my career when I did a lot of comics that focused on clever puns. If you want to preserve your artistic integrity and vision, that's fine, but don't expect to make money doing it."

Instead, Adams said it is a good idea to find something a lot of people can identify with but you also have some knowledge of.

"Your readers care about themselves, not you. Readers will perceive as funny anything that hits home, even if it isn't all that clever by any objective standard," he said. "Unfortunately, the only person you know well enough to hit home with on a regular basis is yourself. Write about the situations that you have in common with other people."

Bell-Lundy agreed with the importance of identifying with your subject.

"The only successful strip that a person can write 365 days a year is a strip that is about something that the creator identifies with. Your work would come off as clichéd if you didn't know the subject."

Randy Glasbergen, of The Better Half, has sold more than 25,000 humorous illustrations and cartoons in his 30 years in the industry.

He agreed with Adams belief in identifying with the reader's life and interests.

"I think it's important to write about things people can relate to and recognize in their own lives," he said.

"People like to read about themselves, so they're likely to prefer a cartoon about families or work to something weird about a talking lasagna."

Once you sell your strip to a syndicate, Tatulli said scanning and e-mailing strips to the syndicate for distribution is far less troublesome than via regular mail.

"Electronic submission is the best — there is no guessing whether your art will arrive and it is same-day delivery."

Glasbergen said computers revolutionized the cartooning business.

"It is wise to become well acquainted with all sorts of computer graphics, electronic digital cartooning, e-mail attachments, Web pages and Web graphics."

Bell-Lundy agrees that the Web has affected the comic industry, like virtually every other business.

"The Internet is becoming necessary as a means of distributing

your work. Many cartoonists — freelancers — are building their businesses using the Internet. It is easier to use as a portfolio," she said.

Toomey, whose strip depicts the life of a hapless shark named Sherman, his wife Megan and their lagoon friends, said the Internet hasn't changed the industry a lot, other than with distribution.



Glasbergen

"In a way, I don't see the Web changing cartooning a lot in the short term. Sure it's easy to get published now, but you'll still need corporate sponsorship to buy the awareness."

Adams said the computer as a tool is important to his strip. Not long ago, cartoonists did everything you see in the strip, including drawing, lettering and shading by hand.

"I add the shading dot patterns using Photoshop on my Macintosh, after scanning the line art. I use a pattern fill command and a dot pattern I created for that purpose," Adams said. "My lettering is now done on the computer, using Photoshop. I created a font of my letters so I can type them directly onto the scanned art. My font was created using Fontographer software."

Not all the tools used by cartoonists are so high-tech.

"Remember that a good cartoonist is a writer who can draw, not an artist who can write, so be sure to practise funny ideas too."

Randy Glasbergen, cartoonist

Glasbergen said although he uses computers, an artist should not forget the basic tools.

"You don't need a computer to draw cartoons. The best cartoons are still drawn by hand at wooden drawing boards and I know of no software program that can replace that," he said.

"However, computers are a great way to add colour to your cartoons, animate them, add special effects and there are a variety of programs you can try."

Adams also uses a number of non-computer related tools to bring the magic of Dilbert to life.

"I use a regular mechanical pencil with a hard lead to do the initial pencil work. Then I use a Staedtler pigment liner pen, size 03 for the drawing, and thicker, size 07, pens for filling in black areas," he said.

"The Staedtler pens are easy to use but do not make the interesting types of pen strokes that other cartoonists achieve. The better cartoonists use a tiny brush and India ink. Some use dip pens with various kinds of nibs."

Materials are important to prospective cartoonists but, perhaps even more importantly, they want to know how much a car-

toonist makes.

Glasbergen, who has written three books on cartooning and how to break into the industry, said it varies from person to person and no one should expect to get rich from it.

"A comic strip cartoonist's income is based on the number of papers his strip appears in. All fees are split 50-50 with the syndicate that distributes the work. Some syndicated cartoonists appear in 1,000 newspapers and earn high incomes, but many appear in less than 100 newspapers and earn a very modest living. It's not uncommon for a comic strip artist to hold down a day job of some kind while his comic strip grows a larger client list," he said.

Tatulli still holds down other jobs despite having his first cartoon strip published in 1988. He works as a post-producer for TV shows, such as A Wedding Story and Trading Spaces.

Adams squeezed his Dilbert work in any chance he could, while working for Pacific Bell.

He kept two jobs from 1989 until 1995 when he finally made a good enough living drawing Dilbert.

Glasbergen said there are other ways for cartoonists to pad their salaries.

"Books, calendars and other merchandise featuring your characters may increase your income even further. Very few cartoonists are truly wealthy — filthy rich. Very, very few. There are a handful of top syndicated cartoonists in this category and a few, like Mike Judge of Beavis and Butthead or Matt Groening of The Simpsons, who score big in television."

Although cartoonists' advice varies slightly from person to person, it is clear that hard work, love of the genre and a desire to make people laugh are all key components to succeeding in the comic industry.

Adams said there is probably no one clear path to success.

"The only absolute rule is that your cartoons have to make other people laugh. When a comic strip works, it's because of a weird chemistry between the cartoonist's writing and artwork and subject matter and the audience."

Glasbergen said there is one key point that many aspiring cartoonists overlook.

"Remember that a good cartoonist is a writer who can draw, not an artist who can write, so be sure to practise funny ideas too."

Bell-Lundy said it is important to find something people can identify with that isn't already being published.

"It is true that the syndicates are looking for niches to fill on the comics page. You need to find a void on the comics page and fill that void with your own particular slant."

Tatulli said there is no secret to success.

"The best bet is to write what you know and hope for the best."

Toomey, perhaps protecting his own investment or simply speaking words of wisdom, offered one final piece of advice: "Don't write a comic about fish."

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Woman finds passion in woodworking

By Sanja Glibota

A short ad in the newspaper changed her life for good.

She now spends most of her days in a dusty workshop, in dirty jeans and with no trace of makeup on her face.

But Rebecca Davis is grateful the ad opened her eyes to her true passion.

"I enjoy hard labour. I enjoy the work. I couldn't sit behind the desk. It would drive me insane."

Rebecca Davis, second-year woodworking technician student

She has finally found herself, in woodworking.

"I enjoy hard labour. I enjoy the work," she said. "I couldn't sit behind the desk. It would drive me insane."

She was in Grade 10, and still couldn't decide what her future career would be, when she accidentally spotted the ad that read, "Woodworkers needed. We'll train."

Until then, she was debating between becoming a police officer or paramedic.

However, she applied for the position and was hired by Pine

Collectibles in Stouffville, north of Toronto.

But after four years of working and learning the tricks of the trade, Davis decided to widen her knowledge and gain more experience in different branches of the field.

Though surprised with her decision, her family was supportive.

"My parents didn't know what to say. They only asked me if I was sure I could make a living out of it," she recalled.

Davis, now a second-year woodworking technician student at the college, was driven by desire to leave Stouffville and everything familiar to enrol in the woodworking program at Conestoga College in Kitchener.

"There was no question of where I was going," Davis said. "I moved here because I always thought this college offers the finest woodworking program in Canada. And I still think so."

Though she is one of only four females among more than 40 students in the class, Davis said her classmates have always treated her as an equal.

"I don't see why they wouldn't. Woodworking is an interest and passion, not a sex-oriented thing," Davis said.

She couldn't remember any incidents when she felt she was treated unfairly.

Davis said she always enjoyed

the challenge to prove her abilities and skills in woodworking.

"It only takes me a couple of hours to prove to skeptical people that I can do the job as well, or even better, than they can," she said.

"There was no question of where I was going. I moved here because I always thought this college offers the finest woodworking program in Canada. And I still think so."

Davis

Like most students, Davis found the biggest challenge was in finding enough time for a social life between the school workload and her part-time job as a satellite programming sales representative.

But, Davis added, her dream to run her own business has always helped her through the hard times.

"In the very long run, I want to have my own business. I want to do custom cabinetmaking," she said, lifting her chin with determination.

She added, "I'm not a feminist or anything, but I feel I have an advantage in this profession because I'm a woman."



Rebecca Davis, a second-year woodworking technician student, enjoys the program and hopes to open her own business one day.
(Photo by Sanja Glibota)

Canada loses a great journalist

By Julie Graham

On Jan. 24, Canada lost one of its best journalists and radio personalities.

Peter Gzowski, 67, died in Toronto, a day after it was announced he had been hospitalized. Gzowski had been suffering from chronic obstructive pulmonary disease (COPD) due to emphysema.

Known as both Mr. Canada and Mr. Broadcasting, Gzowski had worked at CBC Radio for many years, hosting This Country in the Morning and Morningside.

Gzowski grew up in Cambridge before beginning his journalism career at the Timmins Daily News. He later attended the University of Toronto where he was editor of the school's student newspaper The Varsity.

In 1958 Gzowski, then 28, became the youngest managing editor of Maclean's magazine.

However it was in the early '70s when Canadians first heard Gzowski on the radio hosting This Country in the Morning for over three years. After a break, he returned to CBC Radio to host Morningside for more than 15 years.

Both shows involved interviewing everyone from local personalities to prime ministers and in 1997, the same year he won the international Peabody award for broadcasting, 1.3 million people a week were listening to Morningside.

Paula Simons, a writer from the

National Post, said millions of Canadians who never met the broadcaster, had the illusion they knew him.

"We heard his voice in our kitchens and our bathtubs, our cars and our offices. He was our companion in our most private times. No wonder it feels as if we've lost someone we truly knew and truly loved," said Simons.

Gzowski will also be remembered for his commitment to spreading awareness of adult literacy. Through golf tournaments known as the Peter Gzowski Invitational, he raised more than \$6 million for the cause.

According to the CBC news, Gzowski smoked up to three packs a day but managed to quit in 1999. However, he was diagnosed the same year with COPD, a leading cause of death in Canada. It is estimated that by 2020, it will be the third leading cause of death worldwide.

In his latest book called A Peter Gzowski Reader, he wrote about having a full life.

"On radio or television or with a pencil in my hand, I've got to meet the Queen, eight prime ministers (nine if you count Margaret Thatcher, who had a cold and couldn't hear my questions but kept on answering what she'd have liked me to ask anyway), four governors general," wrote Gzowski, who also met and interviewed many other personalities including playing hockey with Wayne Gretzky.

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ANYTIME, ANYWHERE

Students reveal Valentine's gifts

By Michelle Goring

With the hustle and bustle of a student's busy week, it's hard for them to take time out for themselves let alone anyone else. But at Conestoga College, the tradition of spending Valentine's Day with that special someone is alive and well. In a random survey conducted at Conestoga College on the Doon



Ranger

campus Feb. 1, students were asked what they planned to buy for their significant other for the special day.

Justin Ranger, a third-year robotics and automation student, said he planned to buy his girlfriend lingerie. But not just any skimpy old thing, he plans to buy his favourite girl the sexy kind.

"It's Valentine's Day, that's what you buy," Ranger said.



Weber

Lynn Weber, a first-year marketing student, said she's planning to take her man out for a nice romantic dinner. And afterwards?

"I'm paying for the dinner so he can pay for the movie," Weber said blushing.

Abdi Iga, a first-year LASA student, said he was going to take the traditional route and buy his main squeeze long-stem roses. When asked if he



Phillion



MacDonald

If you're the type of girl who is tired of the same old gifts year after year, then John Phillion is the man for you.

The second-year architecture student said that along with a large bouquet of flowers, he would send his special girl a pair of warm socks and an X-rated

photo of himself. Janna MacDonald, a first-year business management student, said her plans didn't involve anything romantic with her guy. "I'm going to Toronto to see the Simpsons," she said.

First-year nursing student Janna Bownan said she hadn't really thought about what to get her man for Valentine's Day and had no ideas as of yet.

photo of him-

self. Janna MacDonald, a first-year business management student, said her plans didn't involve anything romantic with her guy. "I'm going to Toronto to see the Simpsons," she said.

First-year nursing student Janna Bownan said she hadn't really thought about what to get her man for Valentine's Day and had no ideas as of yet.



Bownan

Lovers have St. Valentine to thank for holiday of love and romance

By Daniel Roth

Valentine's Day was not created by the superpowers working at Hallmark.

The day of roses and chocolates and all things romantic has evolved from a rather bloody and controversial past.

Anything which can be traced back to mythological times is going to have sketchy information supporting it, but according to sources at the History Channel Web site, www.historychannel.com, the festival of love may have started with a grisly tradition.

In ancient Rome, February was considered to be the beginning of spring. To celebrate each house would be cleaned.

Once the house was spic-and-span the owner would sprinkle salt, and a type of wheat called "spelt" throughout the rooms.

The holiday "Lupercalia" began on Feb. 15 and was a fertility festival dedicated to the god of agriculture, Faunus, and to the Roman founders Romulus and Remus.

To mark the start of the celebration Roman priests would venture out to the sacred cave where Romulus and Remeus were believed to be cared for.

Once they reached the cave, a goat would be sacrificed for fertility and a dog would be sacrificed for purification.

The priests would then slice the goat's hide into strips and dip the flesh into sacrificial blood.

After this small deed was finished the priests would go to the streets gently slapping the women and fields of crops with the bloody strips of goat's hide.

Women would not fear the slaps, as it was believed that touching the strips would make you more fertile in the upcoming year.

According to the legend, later in the day the young women of the town would put their name in a big urn. The bachelors of the city would then pick a name from the urn and for the rest of the year he would be paired with that woman.

It is said these pairings often

ended in marriage. As fun as the Roman "lottery-o-dating" tradition was, it didn't sit too well with Catholics.

It was deemed un-Christian and outlawed.

In need of a new holiday Pope Gelasius declared Feb. 14 to be St. Valentine's Day around 498 AD.

He chose Saint Valentine as he needed a lovers' saint to replace the other "unholy" holiday.

During the third century Emperor Claudius II used his infinite wisdom and decided single men made much better soldiers than those with families.

In order to create a super army he outlawed marriages for young men.

Saint Valentine, a priest in Rome during that time, thought the law to be unjust and continued to marry young couples in secret.

When Emperor Claudius discovered what Valentine was doing he ordered him to death.

Legend claims the first "valentine greeting" was sent by Valentine himself.

While he was in prison he fell in love with his jailor's daughter, who visited him everyday.

Before his death he wrote her a letter which was signed "from your Valentine."

Needless to say Saint Valentine was one of the most popular saints in France and England during the Middle Ages because of his heroism and romanticism.

It was during the 17th century that Valentine's Day started becoming popular.

By the middle of the 18th century it was common for people of any social class to exchange hand-written notes or small tokens of affection to one another.

With the evolution of the printing press ready-made cards made it easy for people to express their affection. This tradition has grown into the holiday we know today.

According to the Greeting Cards Association, almost one billion valentines are sent annually. This makes Valentine's Day the second largest card-sending holiday after Christmas.

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Spoke can now be read online!



For the latest college, entertainment and sports news, as well as games, puzzles, weather and reference links, visit
www.conestogac.on.ca/spoke

Keep entertained with shockwave.com

This column appears weekly and focuses on fun and informative Web sites of interest to the students and staff at Conestoga College.

I understand that college is a place of learning and computers are made available for research and reference.

However, when I log onto a computer at school, the first thing I do is cruise the game pages.

In fact, most of my bookmarked pages are game sites. This week I added a new one — shockwave.com.

Not only does shockwave have tons of games, it also has create and send, atomfilm, puzzle and download functions.

The first section I browsed was the create and send link. In this area you are able to make greetings, music or videos and send them to your friends.

One function even lets you turn your own photos into puzzles.



Stacey McCarthy

Shockwave.com also lets you remix and send a popular song from the Web site.

In the greetings section of create and send you can send photos, love notes or birthday greetings.

My favourite function was the "on-the-job" greetings. One of them called "voodoo boss" lets you burn, stab and set red killer ants on a voodoo doll of your boss. Despite its graphic nature, this greeting was actually very cute.

The games section of shockwave.com is grouped into numerous areas, which makes it much easier to browse the choices.

Some of the categories include action-adventure, arcade, parlor and sports games.

The multiplayer function allows

users to play their favourite games online with a friend.

I didn't get the opportunity to try all the available games — there were simply too many — but one of my favourites was A-Blast 3D.

The first section I browsed was the create and send link. In this area you are able to make greetings, music or videos and send them to your friends.

In this game you cruise around space blasting apart alien craft. I preferred this game to the rest because it downloaded quickly and was relatively easy to use.

I thought the most interesting part of shockwave.com was the atomfilms section.

It contained animated and live-action short films that you could watch onscreen or send to your friends via e-mail. This area was also divided into different categories like drama, world, thriller or comedy, which made browsing easier.

My favourite atomfilm was one called "Osama Sissyfight."

It was a game where you get to beat a cartoon Osama bin Laden in the face, abdomen and other unmentionable areas.

The finale involves dangling him headfirst into a blender and hitting puree. Sensitive viewers will want to turn away.

The one problem I did have with shockwave was the number of downloads that were necessary to use certain areas of the site.

Almost every time I attempted to play a game, I was required to download shockwave, wave, or a flash player.

While the site was helpful in providing links where I could get

media players, it extended what should have been an hour-long session into almost two hours.

Despite this, shockwave.com is a fun site. I've already logged onto it several times between

Shockwave.com is a release from school projects and has so many choices that every visit offers new and interesting experiences.

classes or research assignments.

Shockwave.com is a release from school projects and has so many choices that every visit offers new and interesting experiences.

If you know of any fun or interesting Web sites, you can e-mail me at staceym18@hotmail.com and it may appear in a future column.

Survivor show heads back to the beach

By Julie Graham

After only seven short weeks, CBS will bring back Survivor on Feb. 28.

This time the fourth edition of Survivor, (S4) heads back to the beach, in surroundings similar to the first Survivor.

The tribes will camp and compete in the Marquesas Islands off Tahiti and, to make things more difficult this time around, competitors will not be given any food, water or fire.

According to www.realitytv-fans.com, tribe members will have to rely on the land which includes

breadfruit, bananas, coconuts, taro root and, if they would like to hunt, wild goat or swine.

Also, fishing will be an option if the treacherous ocean current agrees with the cast.

Specifically, the tribes will spend their 39 days on Nuk Hiva Island, offering a great difference

in scenery compared to Survivor: Africa.

With valleys and mountains separating the two tribes, viewers may be reminded of the first Survivor, when ratings were number one for its entire airing. Survivor: Africa rated fifth in the States.

As with each Survivor, the rumour mill has been overflowing since contestants returned home from filming S4 in late December 2001.

Here are some rumours from the Tahiti Press:

Contestants had to eat raw fish as a challenge.

Nine contestants remained at the merge, where they were brought together via cruise ships.

One reward challenge saw a contestant win dinner with their parents.

Like S3, a male and female remained at the end.

Fourteen out of the 16 Survivors had a seat on the jury.

Since S3 ended, newspaper critics have had their negative say of the series.

On Jan. 10 Scott Feschuk of the National Post summed up S3 as, "downright Oprah out there, with plenty of consoling and cuddling and otherwise moist, tender department."

Feschuk also found the season finale boring. "And then we watched as the four finalists moseyed over to stand around some rocks ... it was so frigging quiet you could almost hear the desperate cries of NBC executives: 'Hey, dorks, flip over to Friends - - Joey and Rachel are getting it on over here!'"

Whatever the case may be, it looks like CBS is going to keep pumping out the series. Rumours are flying that S5 will take place in the Amazon rainforest.

And as we Canadians wonder why there isn't a Survivor: Yukon edition, remember this: bikinis and skin, equals ratings.

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GROUP STUDY SHOULD BE A REVIEW OF THE MATERIAL THAT EACH MEMBER HAS ALREADY COVERED ON THEIR OWN.

- **REVIEW LECTURE NOTES AND SUMMARIES.** Each member should have condensed their lecture notes into what they thought was most important. A review of the material will give members a chance to share their different perspectives. Sharing is the important function. It will build confidence and bring the group closer as they see themselves share success on the exams.
- **REVIEW THE CONCEPTS THAT HAVE BEEN COVERED IN READING MATERIAL.** It is a good idea to cover the highlighted concepts from the reading material. This will help each student to see if they are identifying the same concepts. This can be followed by writing out a summary of the important points for the next group meeting.
- **ANSWER THE QUESTIONS YOU PREPARED IN YOUR STUDY.** Sharing the questions that each member feels might be asked is extremely effective. Each member of the group should bring in a couple of questions from the material covered in that week.
- **REVIEW ESSAY QUESTIONS AND CREATE TEST QUESTIONS.** Take an essay question that the group feels certain will appear on the exam and have each member create an outline. This will help build writing skills by allowing each member to see the various approaches that can be taken in essay answers. Anticipate other forms of test questions that could appear on the test and practice answering them as a group.



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Celine Dion making a comeback

By Vanessa Laye

Celine Dion is making a comeback after two years out of the spotlight.

In her first TV interview since she suspended her career to have a child, 20/20's Barbara Walters spoke with Dion about her marriage, troublesome pregnancy and the future.

"Inside of me I needed to stop, I needed a balance in my life. I wanted a normal life at one point. I wanted to be home."

Celine Dion, singer

Dion, 34, left at the height of her career to start a family, but her husband and manager Rene Angelil, 60, also prompted her two-year hiatus after he was diagnosed with throat cancer in 1999.

Dion said she never missed the stage, but she didn't forget about her musical career, as she released her new song, A New Day Has Come, for the first time ever during the interview.

Dion walked away from her career most of all because she wanted a normal life.

"Inside of me I needed to stop, I

needed a balance in my life. I wanted a normal life at one point. I wanted to be home," Dion confessed.

And this normal life meant starting a family.

As most already know, Dion had trouble becoming pregnant and underwent in vitro fertilization. Luckily for her, the first time did the trick and her miracle baby boy Rene Charles was born.

"I was fortunate enough - I tried one time and it worked."

But her dream for a normal life came true 18 months ago when her child was born and a family evolved, and that is what her new song is about.

Dion sang the song to Walters acappella: Waiting for so long/ For a miracle to come/ And the world thought I had it all/ But I was waiting for you.

To the world Dion's life seemed perfect, but it wasn't until her son was born (her miracle), that she felt her life was normal and therefore complete.

Dion said she is coming back because she is "happiest now."

"Now, I have it all," she said.

However, Dion's comeback isn't what her fans would expect. If they want to see her in action they will have to fly to Las Vegas.

"No more tours," said Dion, who has signed a three-year contract at approximately \$100 million US to

perform five nights a week at the extravagant Caesar's Palace.

For her debut next year, the company has built a replica of the Coliseum in Rome just for her, with the shows designed by Cirque du Soleil's Franco Dragone.

Dion and her family are making the move from the sunshine state of Florida to the hustle and bustle of Las Vegas, and Dion couldn't be more delighted. Now she can play with her child all day at home and leave for work around 6:30 p.m.

But that is not all Dion has set aside for the future.

She also plans to have another baby within the next couple of years and has a frozen embryo already waiting at a New York fertility clinic.

Some wonder if moving to Las Vegas is a wise decision. According to the tabloids, Angelil has a gambling problem and has lost around \$10 million US.

But Dion said he has a spending limit when it comes to gambling, just like she does with shopping. She also said he is good with his money and knows when to risk it all.

Dion was raised in a poor French-Canadian family and was the youngest of 14 children. At the age of 12 Dion's mother brought her to



After two years out of the spotlight Celine Dion is making a comeback. Her hiatus was prompted by her desire to start a family and her husband's battle with throat cancer. (Internet photo)

Angelil, who immediately signed on as her manager.

He made her an international star by mortgaging his house to finance her career. He risked it all for Dion, and they fell in love.

When Dion learned English she hit superstardom and her 1997 blockbuster theme song from Titanic brought her to the top of the charts.

Dion has sold around 140 million albums, which is more than any other artist in more than a decade. Although this was Dion's first interview in two years, she

did make a special appearance at the telethon America: Tribute to Heroes on Sept. 21. Dion, who is a Florida resident, closed the show singing God Bless America. Although some didn't agree with a Canadian singing the song, Dion said she was honoured.

"As a Canadian I didn't go through this experience any different than you," she told Walters. "It touched my heart as much. I had no choice, I had to go."

Dion's new album A New Day Has Come is to be released on Feb. 26.

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The Year of the Horse begins

By Michelle Goring

Let the festivities begin as the Chinese New Year is upon us. Beginning Feb. 12, the year 2002 marks the Year of the Horse.

What to expect from the Year of the Horse

According to Chinese astrologer Suzanne White, Horse years are when all of us are called upon to shift into first gear and make it over the next hill.

An all out flurry of industry and social gathering will surge from out of the woodwork.

Build, rebuild, make friends, leave old ones behind, change your image, and clean up the existing picture of your life.

Activity is everywhere.

Join in, or go home and lock your door against those busy, busy horse people who may trot up and knock, saying,

"We would like to invite you, or ask you to participate, or give you a medal . . ." For the energetic soul, Horse years are your trump cards.

For those addicted to lassitude, a Calvary!

Characteristics of those born in the Year of the Horse

According to White, those born during the Year of the Horse (1954, 1966, 1978, 1990, 2002) are amiable, pleasant, likeable creatures.

On the positive side, the horse represents achievement, success, hard work and independence. On a negative note, if a horse has failed once too often for their liking, the person becomes bitter and hot headed.

The horse enjoys being the centre of attention and in most cases will make their presence felt. The horse is a good communicator, takes great pride in his/her appearance and is always eager to be involved.

History of Chinese Astrology

From the Year of the Rat to the Year of the Pig, there are 12 animal signs in the oriental astrological system. Chinese legend has it

that the order of the 12 signs was determined thousands of years ago by Buddha himself. According to



legend, Buddha decided that the Chinese nation was in dire need of reorganization. On the Chinese New Year, Buddha called all the animals in the kingdom together

for a meeting. Only 12 animals showed up. Buddha awarded each of the animals that arrived by giving each one a year of its own. First came the persistent rat, then the hard-working ox. The sly tiger followed with his friend the cautious cat.

Then came the wilful dragon followed by the wise snake. Galloping after them came the gifted horse with the lovable goat close behind.

Soon after came the witty monkey, and then in strutted the proud rooster. The last to arrive were the faithful dog and the decisive pig. From that year forward, each successive year of the Chinese calendar assumed the character of the animal that gave it a name.

The Chinese horoscope resembles western astrology as it applies the year of the subjects birth to a set of predetermined characteristics that help predict what the nature of that person will

be. Those born the year of the monkey (1956, 1968, 1980, 1992) are considered remarkably bright, incredibly funny and usually have a natural flair for trickery and deception.


While the pig (1959, 1971, 1983, 1995) is quaint, respectable and feels guilty muttering the whitest of lies.

Although there are no complicated rising signs or obscure charts to deal with, the Chinese New Year (or TET as it is called in Vietnam) falls on a different date every year in late January or early February.


According to Chinese astrologer Suzanne White, every Oriental person about to make a major decision first consults the horoscope to see if the decision, whether marriage, family, profession, burial, or relocation, corresponds favourably with the characteristics of the year.


White also says that in Japan and China, parents who still arrange marriages check the signs of the potential couple to see if they are compatible. If not, oftentimes the wedding is called off.

Discover your Chinese horoscope for 2002

 Rats (1948, 1960, 1972, 1984, 1996)
Rats, it's true, are vibrant souls. But horses tend to get in their way.


If a rat spends all of his time worrying about these unfriendly vibes, he'll lose a bit of ground for himself. Ignore the frenzy and go about your work. It's the only method of survival.

 Ox (1949, 1961, 1973, 1985, 1997)
Workers to the fore, you will gain much from the diligent horse's influence.


 Tiger (1950, 1962, 1974, 1986, 1998)
Tigers should take

horse years seriously. They must strive for new ways to attack adversaries.


You had last year off. Remember?


 Cat or Rabbit (1951, 1963, 1975, 1987, 1999)
Though cats do not take kindly to excessive activity, a horse year is full of promise from a social angle.

Luck is on your side.

 Dragon (1952, 1964, 1976, 1988, 2000)

Nothing stands in the way of dragons, except perhaps an excess of pizzazz. Take it a wee bit slower. Horses can't quite fly as fast as yourselves.


 Snake (1953, 1965, 1977, 1989, 2001)
An excess of passionate pleasure seeking could smite a horse year with emotional ups and downs. Certainly, you can count on a busy social life. Falling in love again and again and again.


 Horse (1954, 1966*, 1978, 1990, 2002)

If there has been a catastrophe lying in wait for the horse, it may now break wide open. Keep a watchful eye on finances and a curb on emotions.


Your year is never the best one for you, especially if you are a Fire Horse.

*Fire horses are born every 60 years.


 Goat or Sheep (1944, 1955, 1967, 1979, 1991)
Goats are comforted to know that so many are so busy. It probably means that the harvest will be rich.

 Monkey (1944, 1956, 1968, 1980, 1992)


Monkey people will perform better this year if they remain in the wings. They can work well under the horse's influence, but do better to keep out of the spotlight.

 Rooster (1945, 1957, 1969, 1981, 1993)
Horse highs and lows do not endanger the Rooster's welfare. He can go wan-

dering about in relative security, that is, if he can find the funds.

 Dog (1946, 1958, 1970, 1982, 1994)

Nervous as usual, the dog finds Horse years inspiring but anxious-making. He may take the perilous plunge if he doesn't think before he barks during the horse's reign.

 Pig (1947, 1959, 1971, 1983, 1995)
Emotional trauma still hangs heavy. But things have been worse, and are on the brink of improvement.

Horoscopes from Suzanne White's book Original Chinese Astrology.


HOROSCOPE

By Daniel Roth

Week of Feb 11 - 17


Happy Birthday Aquarius!

You will have to make a tough choice on your birthday. If you have to decide between friends and family choose to be with whomever you see the least.

 Aries: March 21 - April 19

You are going to have to complete any unfinished business in order for new things to come into your life. If you look towards your goals you'll reach them.

Luckiest day: February 11.


 Taurus: April 20 - May 20

People whom you wouldn't normally associate with are

starting to confide their personal problems to you.

Help them as best you can with their situation.


Luckiest day: February 15.

 Gemini: May 21 - June 21

A new path has been laid out for you.


All that is required for you to succeed is to follow it. Good changes from all directions will be coming your way.

Luckiest day: February 17.

 Cancer: June 22 - July 22


A sudden change is going to catch you off guard. Confide in one of your close female friends and she'll help you see the situation in a different way.

Luckiest day: February 12.

 Leo: July 23 - August 22


After a discouraging January things will finally start to go your way. By the end of the week you will feel like celebrating.

Luckiest day: February 15.

 Virgo: August 23 - September 22


If it feels like all of your friends are at war and they want you to pick sides, don't. You'll be better off maintaining neutral friendships with everyone.

Luckiest day: February 17.

 Libra: September 23 - October 22


You are going to have to stop weighing the odds on a dominant issue in your life. Someone else will help you make the correct choice.

Luckiest day: February 16.

 Scorpio: October 23 - November 21

A close friend will help you to decide what you need to do to bring happiness back into your life. Don't get mad at him or her if it's not what you want to hear.


Luckiest day: February 17.

 Sagittarius: November 22 - December 21

You will be increasing the intensity of a relationship or friendship.

You will feel more at peace with yourself having this special person to confide in.


Luckiest day: February 11.

 Capricorn: December 22 - January 19

If you are feeling lonely


and depressed by the end of the week things will be getting better. Any extra sleep will help you also.

Luckiest day: February 12.

 Aquarius: January 20 - February 18

The events in your life are going to decrease in significance. You will welcome the upcoming time of rest. Enjoy it while it lasts.

Luckiest day: February 11.

 Pisces: February 19 - March 20

A foolish mistake will cost you more than you think. Don't confuse yourself by over-analyzing the insignificant details.

Luckiest day: February 16.

Daniel Roth is a second-year journalism student who has studied astrology and other clairvoyant issues for three years.

Hard tournament has silver lining

By Jody Andruszkiewicz

The Conestoga Condors women's indoor soccer team did something on Jan. 26 they didn't do last year, they took home a medal from a tournament.

Playing at St. Lawrence College in Kingston, the women's team won silver medals, losing to the host team 3-1 in the gold medal game.

"They played really well," said coach Rebecca Miller of her team's success. "It all came together."

After dismal results last year, the Condors took home their first medal of the year.

In the morning game, the Condors played St. Lawrence's Brockville campus entry and won 3-0. Melinda Wilkinson, Griselda Rivera and Sarah Drinkwater scored for the Condors.

The noon game saw the Condors play Sir Sandford Fleming to a draw. Nicol McKee scored the lone goal for the Condors.

After the break, the Condors played La Cite from Ottawa and

won 2-0. Vanessa Laye and Melinda Wilkinson scored for Conestoga.

In the last round-robin game, Conestoga went head-to-head with the host St. Lawrence team from Kingston. Unlike their other games where the Condors did very well, they got bombed 8-0.

When it was time for the gold medal game, the Condors were once again facing the host team. Determined not to repeat their prior performance against their opponents, the Condors kept St. Lawrence from racking up the goals. Jennifer McDonald scored Conestoga's only goal on a power play, in a losing 3-1 effort.

In the same weekend, the Conestoga men's team also took second place, losing to Royal Military College 3-0.

Playing their first game against the eventual tournament victors, Conestoga lost 3-1 to RMC. Two quick goals from RMC in the first shift were what put the Condors down the whole game according to coach Geoff Johnstone. Scoring for



The Conestoga women's indoor soccer team took home silver at the St. Lawrence Kingston campus invitational tournament on Jan. 26. Back, from left: Melinda Wilkinson, Jennifer McDonald, Nicole McKee, Christine Lapp, Sharon Wynja and Rachel Hartwick. Front, from left: Sarah Sauer, Jennifer Santos, Sara Drinkwater and Griselda Rivera.

(Photo by Vanessa Laye)

Conestoga was Louie Tsatsas whose goal was the only one the RMC keeper allowed the entire tournament.

Unlike the low-scoring affair of the first game, Conestoga bombed

St. Lawrence's Cornwall entry 10-1. Bojan Djokovic led the Condors with five goals in the game.

"The highlight was Bojan scoring all five of his goals in one three-minute shift," said Johnstone.

Playing La Cite, Conestoga won 7-4, with Djokovic leading the way with four goals. Johnstone said every time the Condors got two goals ahead, La Cite would inch back to within one goal until the last few minutes when Conestoga sealed its victory with two goals.

Playing against St. Lawrence's Kingston entry, the Condors played their best defensive game winning 3-0 with goals coming from Djokovic, Miro Orasanin and Boris Kubara.

Having already qualified for the gold medal match, Johnstone said the Condors played a lacklustre game in defeating St. Lawrence Brockville 3-1. Djokovic added two more goals to bring his tournament total to 12 goals.

In the final, Johnstone said the RMC goalkeeper played a fantastic game. However, the Condors' effort was marred when, according to Johnstone, a Conestoga player took an unnecessary five-minute penalty with seven minutes left in the game, effectively ending all chances for a victory.

Women's soccer team does not medal despite strong effort in Alumni tourney

By Jody Andruszkiewicz

Trying for a second straight medal finish, the Conestoga Condors women's indoor soccer team came up a little short.

Going 1-2-1 in the Conestoga Alumni tournament at the recreation centre on Feb. 3 wasn't good enough to get the Condors into the medal round.

But that didn't stop them from playing some excellent soccer over the weekend.

The Condors' lone victory came against George Brown College where they defeated the Toronto school 4-1.

More impressive than the actual 4-1 victory is that eventual tournament winner Alumni 1 tied George Brown 1-1.

"We had a good tournament," said coach Rebecca Miller. "Especially against the alumni team."

The Condors lost 3-0 to the Alumni in a back and forth game that saw stellar ball control, crisp passing and relentless hustle by



Condors goalie Rachel Hartwick stretches for a wide shot on Feb. 3 against Alumni 1.

(Photo by Jody Andruszkiewicz)

both teams.

Miller went on to say the Condors made a few mistakes during the tournament and it was those mistakes that opponents capitalized on.

"There were tough teams in this tournament and we knew it was

going to be a hard tournament."

The tournament was won by Alumni 1 over a club team from Owen Sound.

Miller said she will now spend time preparing the Condors for a regional tournament in March.

Condors soccer team suffers breakdown after successful weekend tournament

By Jody Andruszkiewicz

You can't win if you don't shoot.

That was the case for the Conestoga women's indoor soccer team as they lost 5-0 to Waterloo Celtic at the recreation centre on Jan. 29.

"We just weren't there in our heads," said coach Rebecca Miller after the loss, adding part of the problem might have been the team played in a tournament over the weekend.

"I think the girls came off a hard

tournament on the weekend where they played really well."

However, unlike the tournament, the Condors showed a lot of effort but didn't get the same results.

Some rough bounces and a little bit of luck had Waterloo Celtic up 3-0 after the first half.

Waterloo Celtic displayed excellent ball control in the second half playing keep away from the Condors.

Despite having few scoring chances, the Condors played some strong defence, keeping

Waterloo Celtic from taking a lot of shots.

The score could have been 6-0 except for a quirky play that saw the Condors goalkeeper take a ball off her face.

Defender Vanessa Laye looked like she was going to score on her own net on a clearing attempt but at the last second kicked the ball off her own goalkeeper to save the goal.

Despite being disappointed with the outcome of the game, Miller said she will work with the team on communication, shooting and anticipating plays.



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